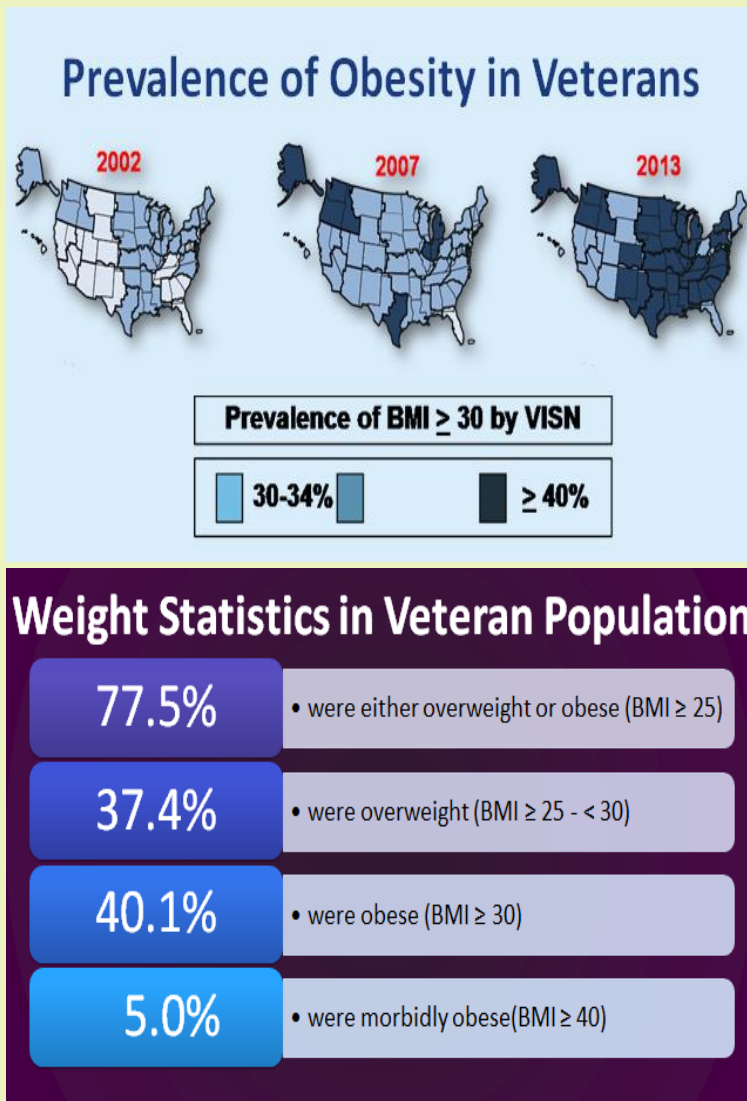


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## THE HEALTHY TEACHING KITCHEN (HTK)

The Healthy Teaching Kitchen (HTK) is an innovative program for delivering nutrition care to our Veterans. We are firmly entrenched in the era of evidence-based medicine and must ensure through qualitative and quantitative data our program not only increases nutrition knowledge, but result in cost savings and improved health outcomes. Research conducted in a variety of settings supports hands-on nutrition education similar to what is being offered through our HTK programs. The HTK program supports our Strategic Plan goals in providing Veteran-centered nutrition care in healthy food preparation, which is results-driven through clinical outcomes measures, and forward-looking through improved health in our Veterans.



Veteran obesity rates graphs. Take a look at these graphs.

The prevalence of obesity is very high in the population served by the VHA

**\*\*Based on data from over 4.8 million enrolled Veterans, >77% were classified as either overweight (BMI  $\geq 25$ ), or obese (BMI  $\geq 30$ )**

Obesity and over-weight are risk factors for 4 of the 6 leading causes of death in the US

As you can see – the map shows regions where these obesity rates are higher in the nation.

From the FY 2012 Corporate Data Warehouse,

Weight Statistics in the Veteran Population were:

77.5% were either overweight or obese (BMI  $\geq 25$ )

37.4% were overweight (BMI  $\geq 25 - < 30$ )

40.1% were obese (BMI  $\geq 30$ )

5% were morbidly obese (BMI  $\geq 40$ )



**Prevention is Key** to changing the long term impact on Veteran Health.

Three Health Behaviors:

- Tobacco Use
- Diet
- Inactivity are directly related to the four major chronic diseases (Heart Disease, Diabetes, Stroke and Cancer).

Together these account for 50% of global **\*\*mortality\*\***

Evidence shows that Veterans see impacts on their health choices when they become involved in improving and changing their behaviors. Evidence also suggests that effective cooking demonstrations have been shown to have a positive impact on Veteran Health. In addition, we know that cooking classes and hands-on education can be effective when implemented in a community setting where the attendance is open and informal.

#### **Some benefits of HTK's:**

- Edible lessons internalize learning
- Increases motivation
- Improves adherence
- Overcomes resistance
- Empowers Veterans using everyday tools
- Active involvement in health care

Some examples of HTK populations may include: **Veterans enrolled in MOVE or Diabetes Self-Management** and education/training. Creating healthier meals as demonstrated during the HTK display has been shown to decrease BMI, A1C, and weight. Show your support when you are able and **join us** during our next food demonstration activity sponsored by the Health Promotion and Disease Prevention Committee (usually the first Monday of the month in the lobby from 11-noon following the overhead announcement for this event).



## **Prevention Topic for May 2015:** **Be Physically Active**